


GROUP FITNESS CLASSES

FALL SCHEDULE: SEPTEMBER 6 - DECEMBER 10, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Group Fitness Classes are offered as a Hybrid class with virtual and in-person options unless otherwise indicated.</p>					<p>8:00 - 8:45am Power 45 Brigitte</p>
	<p>9:15 - 10:00am Step & Pump Delores In Person</p>	<p>9:15 - 10:00am Total Body Toning Terri</p>	<p>9:15 - 10:00am MPowered Amanda</p>	<p>9:15 - 10:15am Yoga Maria</p>	<p>9:00 - 10:00am Step & Pump Delores In-person</p>
<p>12:10 - 12:55pm Yoga Melissa</p>	<p>12:10 - 12:55pm Barre Fitness Melissa</p>	<p>12:10 - 12:55pm Yoga TBD</p>	<p>12:10 - 12:55pm Core & More Brigitte</p>	<p>12:10 - 12:55pm Barre Fitness Ocean</p>	
	<p>NEW OFFERING 1:30 - 3:30pm Drop in Circuit In Person</p>		<p>NEW OFFERING 1:30 - 3:30pm Drop in Circuit In Person</p>		
<p>5:15 - 6:00pm Power 45 Brigitte</p>	<p>5:15 - 6:00pm Tabata Fit Brigitte</p>	<p>NEW OFFERING 4:00 - 6:00pm Drop in Circuit In Person</p>	<p>5:15 - 6:00pm Power 45 Brigitte</p>	<p>SCAN FOR CLASS DESCRIPTIONS AND TO BOOK YOUR SPOT NOW!</p>  <p>MSVU.CA/FIT</p>	
<p>NEW CLASS TIME 6:10 - 6:55pm Barre Fitness Bayan</p>	<p>6:10 - 7:10pm Yoga Terri</p>				

BARRE FITNESS: A unique class combining ballet-inspired moves with elements of Pilates, dance, yoga & strength training. Classes incorporate standing & mat work using classic dance moves and static stretches. Barre also focuses on high reps of small range movements. Done in bare feet using a chair & minimal equipment. For all skill levels.

CORE & MORE: Abs & back are only the beginning. Core & More gives you a total body workout! Using balls, foam rollers and more creates a challenging & fun class. With dimmed lights and gentle music both your mind and body will thank you!

MPowered: LOW impact. HIGH intensity! This MOUNT signature workout is the perfect way to build bodies, not break them. Using minimal equipment, you will do both strength and cardio intervals for a class experience like NO OTHER! Spark your metabolism and burn calories like a pro.

POWER 45 - Combining full-body strength training moves with high intensity cardio bursts designed to tone muscles, improve your endurance and enhance your overall well-being. Burn more fat/calories in less time! Suitable for all age-groups.

STEP'N PUMP: Rock your cardio and challenge your brain with basic step aerobics. Then target muscle strength and endurance with safe & effective weight training. Use of dumbbells, stability balls & other resistance tools will make this feel like a total body challenge!

TOTAL BODY 45 - A high intensity interval training (HIIT) class, alternating between short periods of strength and cardio exercises. This class works the whole body and is exciting, fun and quick to do. Increase your fitness level, build lean muscle, burn calories, and increase energy.

TOTAL BODY TONING : Why? Because getting stronger can make you feel healthier and more confident. Every class will include a variety of muscle groups and equipment such as resistance bands, balls, dumbbells or just body weight. You'll work up a sweat and burn calories. Suitable for everyone!

TABATA FIT- Looking for a challenge? Try this total body system workout that incorporates high intensity exercise bouts with short rest intervals. Not recommended for beginners.

YOGA - A must-do class that combines different Yoga styles and will improve your strength, flexibility, balance and peace of mind. The perfect break in your day to leave you calm and refreshed. Suitable for all levels.

Check out NEW drop-in circuits in the Fitness Studio!

Circuits are offered as a drop-in option with a trainer on-site to assist participants. Circuit will be set up during scheduled times throughout the week and can accessed at any point during its scheduled time. Circuit will be offered as a six-week trial.